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Volume 5, Number 17 *October 13-26, 1990*

UCSF Newsbreak

One Year After the Quake

This issue of *Newsbreak/Medsounds* is dedicated to the anniversary of last year's quake. We will bring you up-to-date on Meg Fitzpatrick, Judy Jester and Cathi Scarpa—the three UCSF employees who survived the Cypress structure collapse (see page 8)—plus information on what the campus is doing, and practical suggestions of how to help yourself and your family stay out of harm's way during the next big one.

While the October 17 quake certainly was destructive to some parts of the Bay Area, the campus as a whole fared well, and can look back on that night with pride and professionalism. Our buildings held up, and so did we. We were prepared. As a close-knit family of doctors, nurses, police officers, pharmacists, typists, laundry workers, students, lab techs, and others, we worked together with compassion. . . and wherever needed.

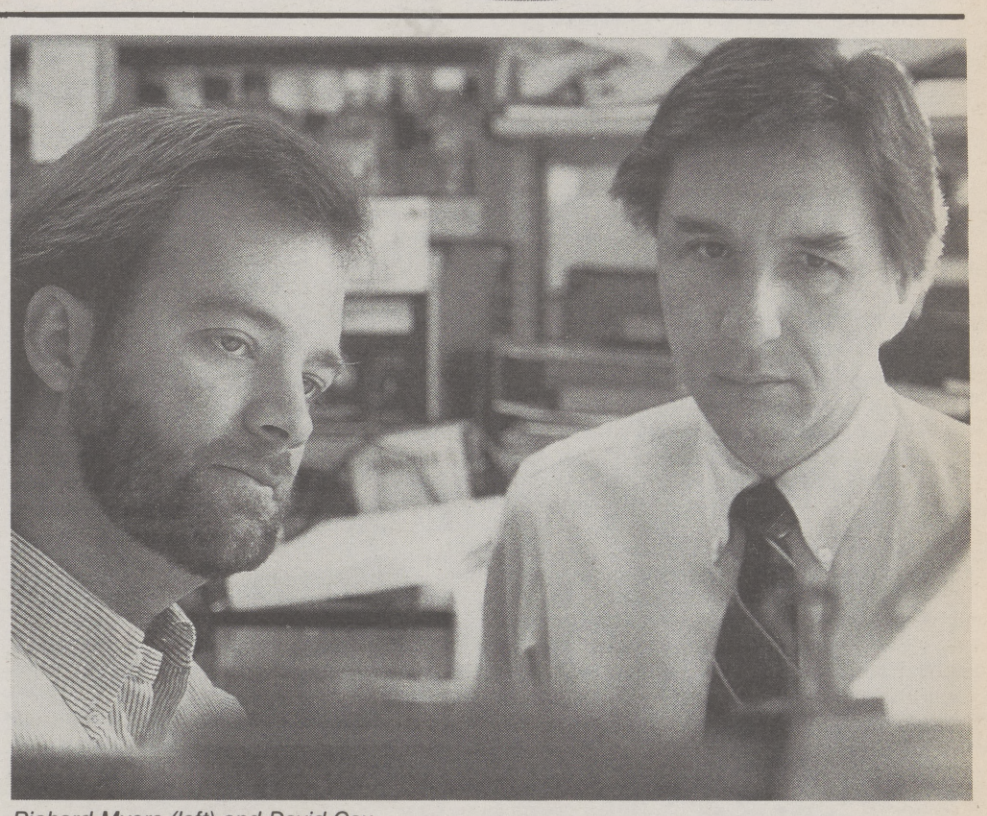
Campus-wide Forums

After the last quake, the campus decided it needed a better campus-wide disaster plan, and hired an outside consulting firm to help us put one together. You can learn what the campus has done and what it plans to do in the future by attending one of these campus-wide earthquake forums: Thursday, October 18, from 10:30 to 11:30 a.m. in Toland Hall or Thursday, October 25, from 12:30 to 1:30 p.m. in the first floor conference room of the Mission Center Building.

Each forum will have an open question and answer session with representatives from Staff and Student Human Resources, the Medical Center, News Services, Capital Resources Management, the Employee Assistance Program, Environmental Health & Safety, Police Department, and Telecommunications. After each forum, EMPACT! will be selling various earthquake kits containing supplies which could help save your life at home and the office. Personal checks will be accepted for the kits ranging in price from $24.95 to $49.95. Additional supplies which can be used by your department in the case of an earthquake will be discussed during the forum.

Also at the forum, wallet-size cards will be given out which contain instructions on what to do in an emergency as it relates to the campus. The card will enable you to have at your fingertips the best telephone numbers to call in an emergency and exactly what kind of information to give. The card also will list a campus telephone "Information Hotline" number to find out the status of the campus and whether or not you should report to work.

(continued on page 6)



Richard Myers (left) and David Cox

UCSF Chosen One of Four Centers to Map Human Genome

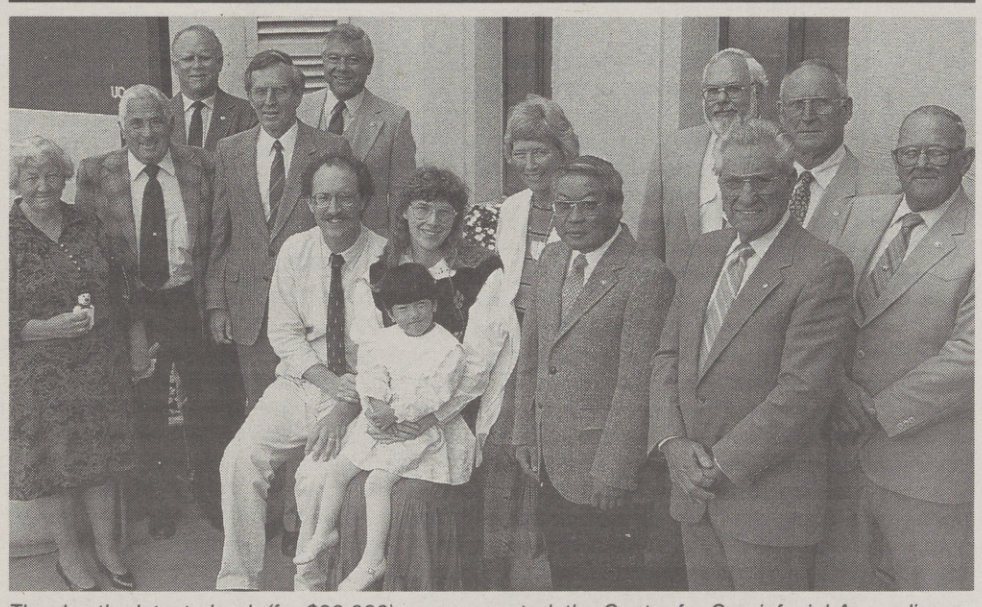
The National Institutes of Health has chosen UCSF to be one of four new centers that will begin mapping the human genome. The five-year project, for which UCSF will receive $2 million in the first year, is part of a larger effort by the NIH's National Center for Human Genome Research to eventually map and sequence every gene on every human chromosome.

The national effort is expected to have a great payoff in the discovery of the causes of some 4,500 known genetic diseases, as well as a better understanding of how the body functions. The map, essentially a sequence of signposts on the chromosomes, will help researchers pinpoint the location of disease-causing genes, pull them out for study, and develop ways to diagnose and hopefully treat the disease.

The UCSF Human Genome Center, directed by Richard M. Myers, associate professor of physiology, biochemistry and biophysics, will concentrate on chromosome 4, a large but relatively unexplored chromosome that is best known as the home of the defective gene that causes Huntington's Disease.

Myers and UCSF colleague David Cox, associate professor, psychiatry, biochemistry & biophysics, have worked together since 1986 to pinpoint the Huntington's gene on chromosome 4, and in the process have mapped a large portion of the area around it. The Center grant will allow them to map the remainder of the chromosome.

Myers, Cox and Susan Rider, currently a postdoctoral fellow on campus, will prepare a physical map of chromosome 4. That is, they will find short segments of DNA—the stuff of which genes are made of—along the chromosome that can serve as signposts for future researchers. By the end of the five years, Myers says, they hope to have 400 such DNA markers or signposts spaced evenly along the chromosome.



The day the latest check (for $80,000) was presented, the Center for Craniofacial Anomalies hosted a campus luncheon to honor the Native Sons, where many members of the group joined Rosalie and her parents for this photo: (back row, left to right) Colin Campbell of Sutter Creek, Howard Kern of El Sobrante, Harly Harty of Ione, Don Madsen of Castro Valley, William Bundesen of Novato; (front row, left to right) Mary and Sid De Zordo of Redwood City; UCSF School of Dentistry Dean John Greene; Richard, Carol and Rosalie Edson; Karin Vargervik; Phil Wong of Napa; and Frank Milani of San Rafael.

Hope for Another Young Child

She's very affectionate, curious, energetic, even mischievous. But, Rosalie Edson is not your typical four-year-old. She has deformities, mostly in the bones of her face, which if not corrected could lead to an emotionally and physically painful life.

Rosalie's birth defects are many: Besides spinal abnormalities, extra ribs, and an extra toe, she has a cleft lip and palate, fused teeth, no evidence of upper permanent front teeth, and her lower jaw is far too small for her upper.

Rosalie's adoptive parents—Richard and Carol—began seeking help in their hometown of Livermore when Rosalie was just two. Their pediatrician recommended UCSF's Center for Craniofacial Anomalies, where physicians, dentists and other health specialists are developing diagnostic methods and treatments for patients, most of them children, with facial abnormalities and functional disorders.

UCSF plastic surgeons repaired Rosalie's cleft lip and palate. They later corrected a collapsed nasal pasage, which allowed her to breathe better and also improved her speech.

At a recent panel conference, the craniofacial team of the Center for Craniofacial Anomalies discussed four of its most complicated patient cases, including Rosalie's. Her birth defects and future management of the case were discussed in detail. A major concern at this stage of her development was her nasal speech.

After considerable discussion, which included concern for her difficulties with breathing through her nose, it was decided that more surgery is necessary to help correct her speech. The surgery—called pharyngeal flap—will create a tissue bridge from her soft palate to the back wall of her throat.

Rosalie, over the next several years, will continue to take steps to improve her speech and facial features.

(continued on page 2)

Will You Be at the October 13 Party?

The grand celebration of the more than 100 years of partnership between UCSF and SFGH is this Saturday, October 13, from 10 a.m. to 4 p.m. at SFGH, 1001 Potrero. There will be a health fair, a resource fair, tons of entertainment, food, circus activities, and much more. Remember the front page of the Features section in the last issue of Newsbreak? *Well, here she is again, "The Fairy Princess," beckoning you and yours to the party.*

Proposition 143 . . . A $450 Million Bond Issue on November 6 Ballot

The UC Regents and the UC Alumni Association have formally endorsed Proposition 143. This latest bond issue on the November 6 ballot is the second half of a two-year building program to provide new classrooms, laboratories, library space and improved seismic safety at UC, the California State University and the California Community Colleges.

While some of the $450 million provided by Prop 143 would be used to start new projects, much of UC's share of the funds would be used to continue projects already started by a similar bond approved by California voters in June.

While Prop 121 provided initial funding, Prop 143 will help complete such UCSF projects as a new education and research center, plus improvements to fire protection, water supply and electrical systems. Previous bond measures helped pay for the new UCSF library.

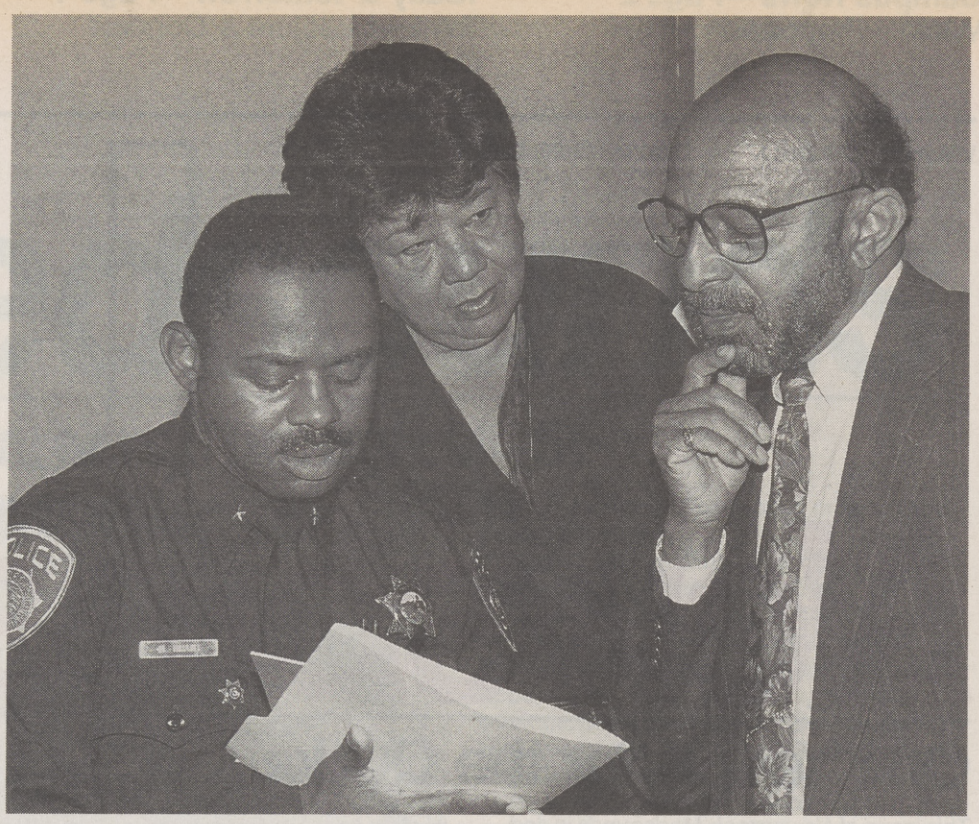
Public higher education in California has had an uphill climb over the last several years. Even though there have been record numbers of students and a backlog of unmet needs from the 1970s and early 1980s, the state has provided little money for higher education construction.

A report by the independent California Postsecondary Education Commission in 1988 estimated California public higher education will need $7.7 billion for new buildings, renovation and repairs through the year 2000. The commission said that even if enrollments didn't grow at least a third of that money would be needed.

But California is a popular state. In fact, this state will grow twice as fast as the rest of the country in the 1990s with impacts felt everywhere. . . from housing to transportation, health care to education.

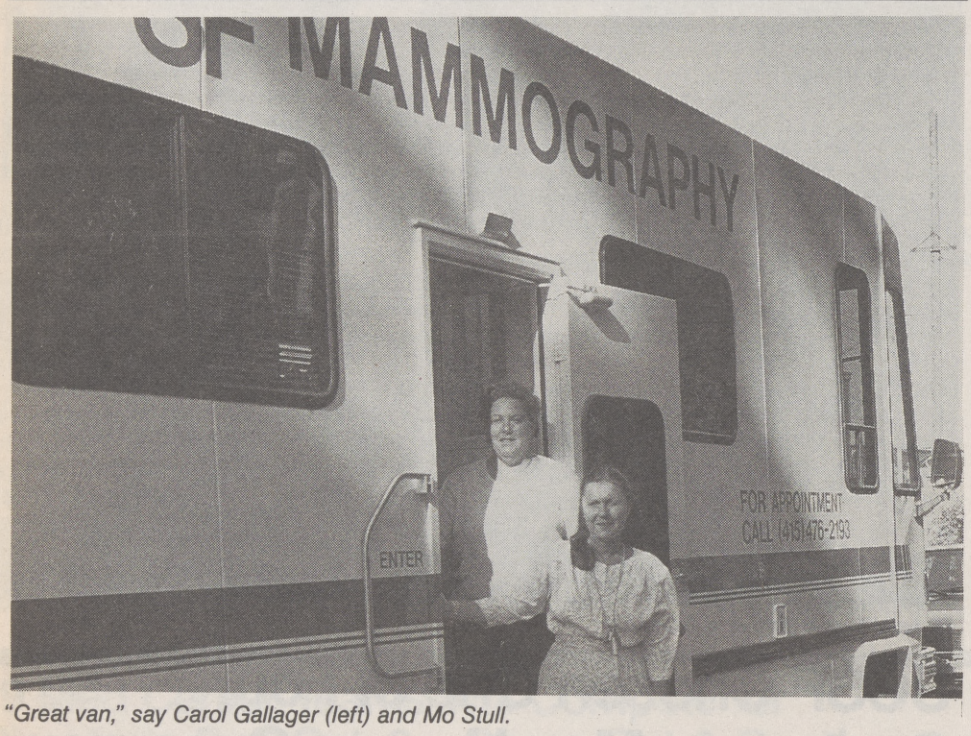
Over 1.6 million new students are expected to pour into our public school system over the next decade. That is equal to the total population of Idaho, Montana and Wyoming combined. It is estimated that nearly 57,000 more students will be entering the UC System by the year 2005.

At this point there is no organized opposition to Prop 143.The three people who signed the ballot argument against the measure say they are generally against bond issues. Read more about Prop 143 in the next issue of *Newsbreak*.



New Chief Sworn In

The new UCSF Chief of Police Ron Nelson was formally sworn in during ceremonies on October 1 at the Mission Center Building. Nelson, who most recently ended a stint as chief of police for the city of Berkeley after eight years, said at the ceremony, "October 1 is really a momentous date for me. I first became a police officer on that date in 1956. It's some time later, but here it is October 1 again, and I am just as excited and just as eager as I was that day in '56." Above, immediately before the swearing-in ceremony, Nelson (far right) goes over last-minute details of the agenda with Mike Brant, who has served as interim chief for the past year, and Assistant Vice Chancellor Joanne Lewis, who chaired the swearing-in ceremony.



"Great van," say Carol Gallager (left) and Mo Stull.

New Van Takes to the Road

What's only three weeks old, big, white, travels all over the Bay Area and helps save lives? The new UCSF Mammography Van.

While the old van certainly served its purpose, it was an RV which was converted into a mammography van. According to principal radiation technologist Maureen "Mo" Stull, it was a little cramped and it had reached its life span. "It was five years old, and I think it was guaranteed to last only five years," says Mo.

The new van was built to be a mammography van. "It's more spacious, cleaner, bigger and *it runs*," says Mo. "Besides it looks much nicer and it's a better image for UCSF."

Designed specifically to make mammography both available and affordable ($50) to women with no known breast problems, the UCSF Mammography Van program has been in existence since April '85. Since that time, some 35,500 women have been seen, and approximately 300 of those women had breast cancers that were caught.

The van is on the road every weekday with the dynamic duo of senior radiology technologists Carol Gallager and Meris Emory. Mo is there about half the time—when someone can't be there, for special out of town trips or for American Cancer Society sponsored breast health days.

Meanwhile, October is National Breast Cancer Awareness Month. If you have been putting off getting an exam, now is the time to do it. Appointments for a breast screening at the van can be made by calling 476-2193 between 9 a.m. and 3 p.m. A two-week schedule of where the van will be is regularly printed in the *Today & Tomorrow* calendar in this paper.

Native Sons *(continued)*

"She's only four, so we can't do anything about her teeth and jaws now," explains Karin Vargervik, director of the Center, "but when her permanent teeth start to come in, probably when she is around 7, we can start orthodontic treatment, which will last for several years." Rosalie's upper and lower jaws will not be corrected until most of her growth is completed, when she is in her early teens, according to Vargervik. And finally, Rosalie probably will be fitted with a small partial denture at the appropriate time to further improve her appearance.

Fortunately for Rosalie, there is the UCSF Center for Craniofacial Anomalies. Fortunately for UCSF, there is The Native Sons of the Golden West, a fraternal organization which most recently topped the $1 million mark in money donated to the Center over the last 37 years.

The Native Sons is a major source of funding for the Center. Over the years, the group's contributions have made it possible for the Center to help some 8,000 children with birth defects. "Their work makes a tremendous difference in the lives of individual patients. There is no way we could function without them," says Vargervik.

Child and Elder Care Series

"Getting Your Child into School" is the first of a series of free programs on child and elder care sponsored by the UCSF Child and Elder Care Referral Center and the Women's Resource Center.

Come pick up tips from Sylvia Buford, director of the Phoebe A. Hearst Preschool in San Francisco, on Thursday, October 18, from noon to 1 p.m. in the Langley Porter Auditorium. Buford and other representatives from public and private preschools and elementary schools will discuss ways to identify the right school for your child—and then how to get in.

The series will continue with a second program on Thursday, October 25, "Parenting on Both Ends of the Spectrum"—geared for those simultaneously faced with child care and care for elderly parents; and conclude with "The Elder Care Dilemma" on Thursday, November 1. The location and times are the same for all three programs.

For further information call Byron Sigal, coordinator of the Child and Elder Care Referral Service, 476-2692.

What if Everybody Gave?

The 39-year-old AIDS patient who is too weak to make it up the stairs. The 4-year-old boy whose addictive mother is abusive to the point of constantly bruising him. The 27-year-old man who lives in his car with his four children because he can't find work. These stories may not make national headlines, but the suffering is real.

The number of people suffering in our own community continues to grow. In fact, their numbers are shocking. Now, with recent state budget cuts, your help is more important than ever. Let's suppose everybody cares. But what if everybody gave?

The campus is launching its two-week United Way Campaign beginning Monday, October 29. Will you donate this year?

United Way funds all kinds of services, from child care to the homeless, AIDS to the elderly, the mentally ill to emergency care, drug abuse recovery programs to literacy and job training.

And this year, United Way has made it even easier to designate where your money goes. If you do not have a specific organization in mind, but you know the cause you'd like to donate to, you now can choose a new category on the donor choice form called "Helping People with Specific Needs." You can earmark your donation to go specifically to helping families, or people who are homeless, those who have AIDS, or to violence prevention, to name just a few.

The campus has been a staunch supporter of United Way over the last several years. In fact, last year was our best year ever in terms of participation: 39 percent of our faculty and staff contributed some $285,000. How do UCSF employees feel about the United Way Campaign? Here is a small sampling:

Elizabeth Murray, administrative manager, History of Health Sciences

"I learn a lot about United Way through my husband. He works for a five-county violence protection service funded by United Way. It's called Battered Women's Alternative. United Way is trying to create parity by earmarking dollars for women's and girls' services. United Way actually is doing things that many feminists would be proud of."

Marilyn Kane, vocational rehabilitation counselor, Employee Rehabilitation Services

"As a vocational rehab counselor, I regularly see employees whom I refer to various services funded by United Way, from the Legal Aid Society to the Women's Alcohol Center, from Operation Concern to help AIDS sufferers, to all kinds of child care programs and mental health associations. I'm very impressed with them. These agencies really help all those people who don't have the economic resources to get these services privately. You know, United Way even funds the Community Music Center, which gives music lessons at a very low cost."

Troy Daniels, professor, stomatology; chair, oral pathology

"As chair of the Academic Senate, I just sent a letter to its 1,000 members. The letter usually talks about specific Academic Senate issues, including long-range planning. I decided this time, however, that part of the letter should have to do with United Way and the importance of UCSF's continuing support of its community. While I didn't have to say anything about the campaign, I wanted to because I feel it is important. Personally, I think it is convenient. With one gift I can benefit many worthwhile agencies that cannot achieve support on their own."

Theresa Ward, administrative nurse, anesthesia

"Much of my work here is an extension of the whole, the whole being the University. I have been here for 10 years and I'm behind this place 110%. So, when it comes to United Way, I'm more than happy to give because I think it helps unify the campus. While I've been contributing to United Way for years, when one of my co-workers, a researcher, recently came down with AIDS, it made it even clearer that it was important to contribute. As a nurse, community outreach has always been a part of my philosophy. It's sort of a long-term security fund for us all."

Anne Poirier, administrative assistant, psychiatry

"I think giving to United Way is the biggest community outreach that UCSF has. It affects so many parts of the community. And it doesn't matter how much you give. Here is this great opportunity for our campus to show how it really cares. I'm responsible for coordinating the donor reps for LPPI, so I basically try to inspire others to give. Of course, I also donate."

For what the Medical Center has planned for the United Way Campaign, see page 8.

UCSF *Newsbreak*

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Deadline for the next issue, which will cover October 27-November 9, 1990, will be on Tuesday, October 16, at 11 a.m. Please send campus news copy to Allen Balderson, Medical Center news to Dawn Finch, and calendar and gazette items to Michele Firpo, all at Box 0462. Last-minute copy can be taken over the telephone by calling 476-1541 or 476-2557.

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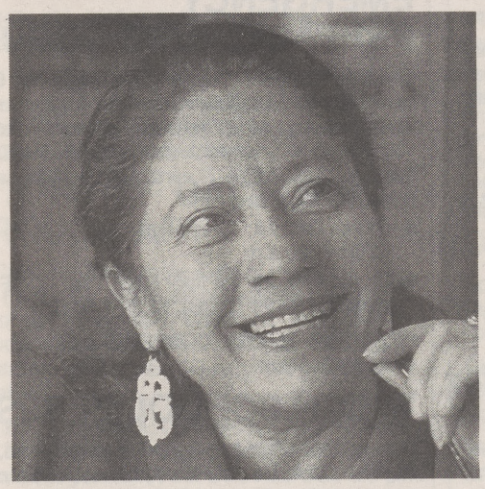
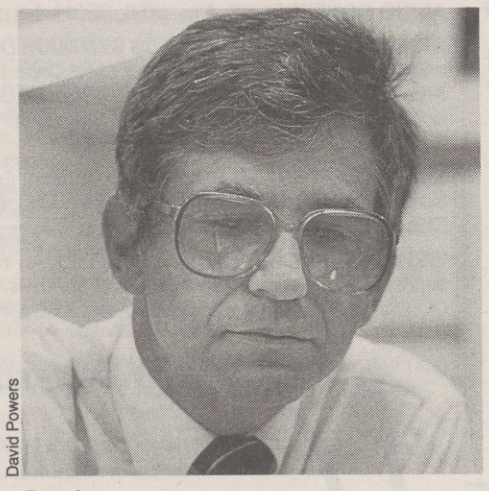
Gazette

Honors & Awards

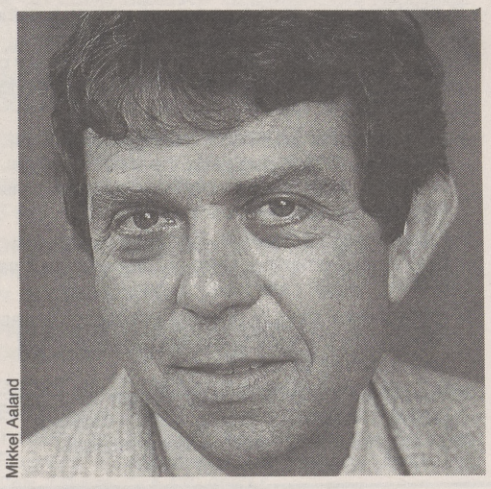


Carrillo



David Powers

Epstein



Mikkel Aaland

Barondes

Carmen Carrillo: Elected to the Board of Directors of the National Council on Alcoholism & Drug Abuse for a three-year term. She also recently published a Spanish-language "fotonovela"—a story told in photographs with dialog—on alcoholism prevention titled "Un Nuevo Amanecer" (A New Beginning), published by International Child Resource Institute (1990). Carrillo is assistant professor, psychiatry.

Stuart J. Eisendrath: Winner of the psychiatry residents' Full-Time Faculty Outstanding Teaching Award. Eisendrath is associate professor, clinical psychiatry; clinical chief, Psychiatric Consultation-Liaison Service.

Charles J. Epstein: Winner of the Nancy & Daniel Weisman Award for mental retardation research. The award—a check for $20,000 and a crystal sculpture—will be presented October 16 by Beverly Sills and Kerry Kennedy Cuomo at a luncheon at New York's Metropolitan Club. Epstein's research deals with abnormalities of the nervous system that occur in Down Syndrome. Epstein is professor, pediatrics & biochemistry & biophysics.

John A. Clements: Chosen to be a member of the National Heart, Lung & Blood Advisory Council, Division of Extramural Affairs, National Heart, Lung & Blood Institute. Clements is professor, pediatrics & member, CVRI.

Samuel Barondes: Winner of the Stillmark Memorial Medal from Tartu University, Estonia, for outstanding contributions to lectin research, the study of proteins which bind to carbohydrates. The award was presented at the 12th International Lectin Conference in September. Barondes is professor & chair, psychiatry; director, LPPI.

Guenter B. Risse: Honored by the Royal College of Physicians, Edinburgh, as the Douglas Guthrie History of Medicine Lecturer during the William Cullen Bicentenary Symposium in August. His topic was "Cullen, the Seasoned Clinician: Organization & Strategies of a Successful Medical Practice in the 18th Century." Risse is professor & chair, History of Health Sciences.

Appointments

Rankin

J. Scott Rankin: Appointed chief, cardiothoracic surgery. Coming to UCSF as an internationally recognized heart surgeon and former associate professor of surgery at Duke University, Rankin specializes in the repair of heart valves, arterial bypass surgery and other treatments for reduced blood supply to the heart due to obstructed or constricted arteries. He has received two NIH research grants and serves as a member of the NIH Surgery & Bioengineering Study Section and the NIH Bypass Angioplasty Revascularization Investigation. Rankin was a member of the department of surgery at Duke as an instructor and research fellow since 1974.

Contracts & Grants

Information on contracts and grants is made available to this paper through individual departments, researchers or the funding agency.

Barbara Dodson: Received a $394,301 three-year award for "Effects of Sedatives on Neuronal Nicotinic Binding" from the UC Tobacco-Related Disease Research Program. Dodson is assistant professor in residence, anesthesia.

Brian A. Cason: Received a $278,044 three-year award for "Oxygen Effects on Flow & Function in Ischemic Myocardium" from the UC Tobacco-Related Disease Research Program. Cason is assistant professor in residence, anesthesia, VAMC.

Judith Justice: Received $41,000 from the UC Pacific Rim Research Program for "The Political & Cultural Dimensions of International Health Assistance: Lessons for the Pacific Rim from the Child Survival Initiative." Justice is associate adjunct professor, Institute for Health Policy Studies & medical anthropology.

Anne Davis: Received $14,949 from the UC Pacific Rim Research Program for "Chronic Illness, the Family & Nursing Care in China." Davis is professor, mental health, community & administrative nursing.

Charles R. Marmar, principal investigator: Received a $661,061 three-year grant from the National Institute of Mental Health for research entitled "Rescue Worker Response to the I-880 Freeway Collapse." Marmar is associate professor of clinical psychiatry; chief, Post-Traumatic Stress Program, VAMC. Daniel S. Weiss, co-principal investigator; Karen Naifeh, Craig Van Dyke, Virginia Ernster & Enoch Callaway, co-investigators, all Department of Psychiatry.

Harold S. Luft: Received an award of up to $207,252 for "Improving Provider & Consumer Information about Surgical Care" from the John A. Hartford Foundation. Luft is professor & associate director, Institute for Health Policy Studies.

In Memoriam

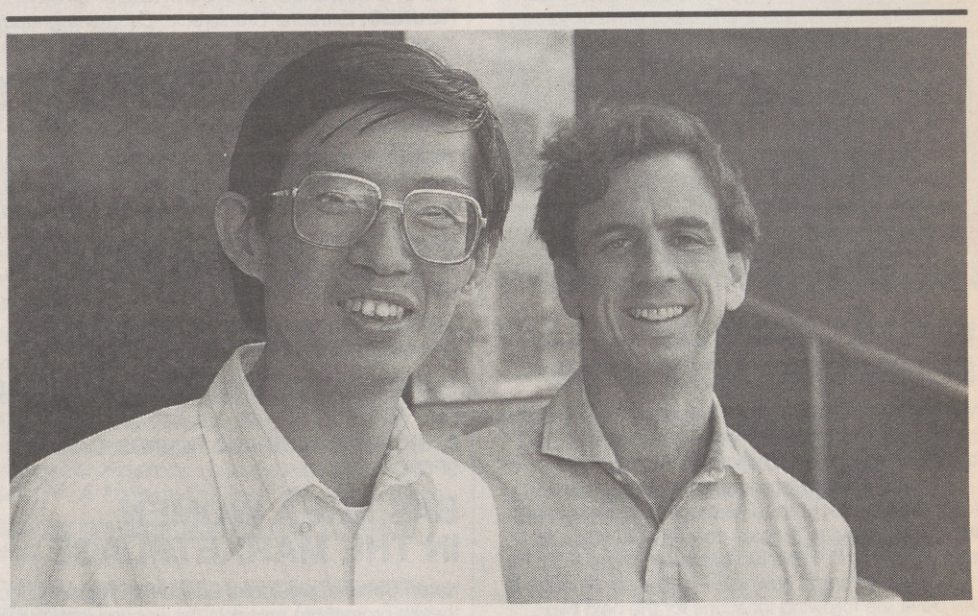
Richard G. Littlejohn: Associate dean of the School of Medicine and key administrator for some 20 years. He came to UCSF in 1969 to become business and fiscal officer of the School, in 1974 became associate dean for finance and planning, and in 1984 was promoted to associate dean for administration. Littlejohn was responsible for the integration of program and resource planning for the School, helped coordinate long- and short-range academic plans, developed capital and operating budgets, and oversaw financial control, space planning and design and implementation of management control systems. An adjunct lecturer in the Institute for Health Policy Studies, he had held several other teaching positions during his career. Donations may be sent to the UCSF School of Medicine Fund for Academic Excellence, c/o Dean's Office, SF, CA 94143-0410.

Jeffrey L. Cohen: Associate clinical professor, psychiatry. A former associate director of residency training at LPPI, he received his MD from UCSF in 1979 and later completed his residency here in psychiatry. He was honored in 1988 as an outstanding teacher in the Department of Psychiatry. A co-founder of Bay Area Physicians for Social Responsibility, he was active in numerous community organizations. Memorial contributions may be made to the Shanti Project, the AIDS Emergency Fund or Project Open Hand.

Ha Thuy Fechter: Wife of Richard Fechter of Building Management. She died on October 3 of severe burns suffered in the runaway car accident in Noe Valley on October 2. Four other people died at the crash scene, including Fechter's niece and another child, who were in the car with Fechter. A memorial fund to assist the families involved is being set up. For information on how to contribute, contact Teru Hirano at 476-4823.

William Fife: Long-time friend and donor to the campus, this Palo Alto resident established the Dr. & Mrs. Joseph Fife Scholarships in remembrance of his uncle, an influential San Francisco doctor during the late 1800s and early 1900s, and his aunt. The scholarships are awarded to a medical student based on academic achievement and financial need. A life member of the Chancellor's Associates, and a charter member of the Heritage Circle, Fife also established the Maude Fife Scholarship Fund in the School of Nursing. Chancellor Krevans said of him, "I knew Mr. Fife for almost 20 years, and his generosity has helped many students in the past and will continue to do so in the future."

Barry Byford: Chief technologist for the microbiological media preparation facility at SFGH for 11 years. He supervised a staff of six people responsible for making the media for growing microorganisms used by clinical and research labs at SFGH and all over campus. Byford also volunteered for Project Open Hand, an organization that delivers free meals for homebound persons with AIDS or HIV.



First Two Rainin Fellows Named

Paul Po-Jin Cheng (left) and John M. Boggs have been named Rainin Research Fellows for 1990-91. Boggs will study leukotrienes—the chemical mediators important in the body's recruitment and cultivation of cells to prevent and fight infection—with Edward J. Goetzl, Kroc Professor of Rheumatic Diseases, professor, microbiology-immunology and director, Division of Allergy & Immunology. Cheng will study mechanisms of the effects of neuromediators on human lymphocyte functions with Sunil Sreedharan, assistant professor, medicine (molecular immunology). Both will conduct basic research into human immunological diseases consistent with the intent of Kenneth Rainin's gift endowing the fellowships.

Counseling Family Members, Friends of Suicide Victims Subject of Conference

The tragedy of suicide doesn't end with an individual's desparate act to end his or her life. Every suicide creates unique and painful effects that ripple through the victim's circle of family members, friends, peers, coworkers, and community.

Helping survivors cope with their loss is the subject of a two-day UCSF conference called "The Aftermath of Suicide: Counseling Survivors," Friday and Saturday, October 26 and 27. Designed for mental health professionals and others concerned with survivors' needs, the conference will focus on how to help survivors, who not only lose a loved one but also face a higher risk of suicide themselves.

The keynote address entitled "Suicide and Survivors" will be delivered the first day of the conference by New York Medical College psychiatrist Herbert Hendin. Actor Peter Fonda and actress Mariette Hartley also will be part of the program.

Coordinated by UCSF's Extended Programs in Medical Education, the conference is sponsored by the UCSF Department of Psychiatry and the American Suicide Foundation. Continuing education credit by the Accreditation Council for Continuing Medical Education is available. For fees and further course information call 476-5808.

Stop-Smoking Program Needs Volunteers

If you are between the ages of 18 and 65 and smoke at least 10 cigarettes a day, you might be eligible to be part of a VAMC study for smokers who want to quit. The study will help determine which treatments are most likely to help people kick the smoking habit. Participants need not be veterans.

Volunteers will receive either health motivation training in self-directed strategies for quitting or mood management training in how to decrease moods that may interfere with quitting, according to study leader Sharon Hall, professor of medical psychology. Participants also will receive either standard nicotine gum or gum containing very little nicotine.

Volunteers must be free of heart disease, ulcers and high blood pressure and in good general health. Pregnant and lactating women are not eligible. For further information call 476-7453.

Today/Tomorrow

CELEBRATE MORE THAN A CENTURY OF PARTNERSHIP WITH SFGH—COME TO THE PARTY OCT. 13

To celebrate more than a century of working together to provide health care for the people of San Francisco, UCSF & SFGH invite everyone to a full day of fun, entertainment and health & resource information at SFGH. 10 a.m.-4 p.m.*

- Entertainment: Local artists, singers, dancers, musicians, mimes, jugglers, the de Young Museum Art Truck, circus activities and even a visit from Bart Simpson.
- Family Health & Science Fair: How to stay healthy, quit smoking, keep children safe in a car & more. Health care products given away.
- Tours: 1-hour tours of hospital & research areas depart from the front of the hospital every half hour between 10 a.m. & 4 p.m.
- Resource Fair: SFGH, UCSF & community programs on medical, housing, legal, language, career, nutrition & health-related services.

13 Saturday

ANESTHESIA GRAND ROUNDS. HSW 301. 8-10 a.m.

UROLOGY GRAND ROUNDS: *What's New in Impotence Research?* Tom F. Lue, Uro. *Treatment of Margin Positive of N_1 Cancer of the Prostate.* Richard D. Williams, Uro., U Iowa. HSW 300. 8:30-11 a.m.

GREAT EXPECTATIONS PROGRAMS FOR PARENTS: *Creating a Caring Home Environment: Limit Setting, Discipline, and the Development of Values.* Psychotherapist Diane Donnelly leads discussion for this, the second of a six-part "Growing Family" series. $5 individual/couple. S 118. 9 a.m.-noon. Call 476-6667.*

15 Monday

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes & costs only $50. To make an appointment call 476-2193 between 9 a.m. & 3 p.m.

The van (a brand new van—see story on page 2) will be at the following locations for the next two weeks:

- Oct. 15-19: Levi Strauss Plaza, on Battery St. between Union & Greenwich Sts.
- Oct. 22-26: Sunset District: On Irving St. between 25th & 26th Aves.

A $50 mammography screening is also available at the Mount Zion radiology department. Call 885-7710.

OTOLARYNGOLOGY GRAND ROUNDS: *Myocutaneous Flaps.* Michael J. Bergstein, Oto. *Surgical Treatment of Sleep Apnea.* Daniel F. Hartman, Oto. S 214. 8-10 a.m.

VAMC NEURORADIOLOGY ROUNDS. 2A56, VAMC. 8:30-10 a.m.

OVEREATERS ANONYMOUS MEETING: *The "H.O.W." Concept.* A more structured approach to over-eating. Speaker & discussion. N 417. Noon. Call Lia, 476-4251.*

BRAIN TUMOR RESEARCH SEMINAR: *Focused Irradiation.* Joseph Castro, Rad. Onc., Lawrence Berkeley Labs. S 214. Noon-1 p.m.

LABORATORY MEDICINE GRAND ROUNDS: *ECMO: The Technique, Patient Selection & Outcome.* Valerie Charlton, Ped. & ECMO. L 535. 4-4:50 p.m.

16 Tuesday

ORAL & MAXILLOFACIAL SURGERY GRAND ROUNDS: *Extraoral Craniofacial Osseointegrated Implants.* Arum Sharma, Rest. Dent. C 701. 8 a.m.

SFGH PEDIATRIC GRAND ROUNDS: *Adolescent Pregnancy.* Bonnie Dattell, Ob/Gyn, SFGH. Carr Aud., SFGH. 8:30-9:30 a.m.

TRANSFUSION MEDICINE RESEARCH FORUM: *The Reverse Transcription Pathway of Hepatitis B.* Donald Ganem, Microbio. & Med. L 535. 8:30 a.m.

GERIATRIC GRAND ROUNDS: *A National Research Agenda on Aging.* Edmund Lonergan, Ger., VAMC. LPPI Aud. 8:30-10 a.m.

OB/GYN GRAND ROUNDS: Richard Sweet, Ob/Gyn, SFGH. S 1364. 9 a.m.

PEDIATRIC NEURORADIOLOGY CONFERENCE. HSE 317. 9 a.m.

SFGH MEDICINE GRAND ROUNDS. Carr Aud., SFGH. 11:30 a.m.

BAY AREA WOMEN IN THE MARKETPLACE

Karen Behnke, president, Execu-Fit Programs, Inc., (health promotion) presents the second lecture in an ongoing series featuring successful Bay Area women entrepreneurs. Sponsored by Campus Tours/ Speakers Bureau & the Women's Resource Cntr. HSW 303. Noon-1 p.m. Call 476-4394 or 476-0400.*

MOUNT ZION BROWN BAG LECTURE SERIES: *Food for Thought: How Diet Affects Our Mental Health.* Kim Peter Norman, Psychr. & Eating Disorders Clinic. Herbst Hall. Noon-1 p.m. Call 476-4394 for information.*

OVEREATERS ANONYMOUS MEETING: Regular OA discussion meeting. N 717B. Noon.*

SEX: IS IT WORTH THE TROUBLE?

Counselor & columnist Isadora Alman discusses intimacy issues faced by women undergoing separation or divorce. Sponsored by the Women's Resource Cntr. Support Group for Divorced & Separated Women. C 130. Noon-1 p.m. Call 476-0400 for information.*

GORDON M. TOMKINS LECTURE & CONCERT OCT. 15

Genes, Nerve Cells & the Remembrance of Things Past. Eric R. Kandel, Cntr. for Neurobio. & Behav., Columbia. The duo of Leslie Tomkins, daughter of the late Gordon Tomkins, and her husband, Michael Barrett, perform two viola and piano duets: the Brahms Sonata in E flat Major, Opus 120, #2, & the Leonard Bernstein Sonata (1941-42). Sponsored by the Dept. Biochem. & Biophys. Cole Hall. 5 p.m. Call 476-4132 for information.*

DON'T MISS THE DEADLINE

If you would like an item listed in the next calendar, which covers Oct. 26-Nov. 9, it must be received in our office in writing by Tues., Oct. 16, at 11 a.m. Send your copy to Michele Firpo, Box 0462, or call 476-1541.

VAMC EEG READING SESSION. Bldg. 203, Rm. 2A49, VAMC. 3 p.m.

SFGH GI MEDICINE/SURGERY/RADIOLOGY IMAGING CONFERENCE. Rm. 1X58, SFGH. 4-5 p.m.

BIOCHEMISTRY & BIOPHYSICS SEMINAR: *Determination & Differentiation of Neural Crest Cells.* David Anderson, Bio., Cal Tech. HSW 301. 4 p.m. Student lunch with speaker at noon in S 980. Sign up in S 962.

NEUROLOGY GRAND ROUNDS: *Secondary Epileptogenesis.* Frank Morrell, Neuro., Rush Med. Cntr., Chicago. S 664. 5-6 p.m.

WELCOME TO OUTDOORS UNLIMITED: An in-depth introduction to OU's resources & services. OU Cntr., corner 4th & Parnassus Aves. 7:30 p.m.*

17 Wednesday

COMBINED PLASTIC SURGERY/ORTHOPEDIC HAND SURGERY GRAND ROUNDS: *Congenital Anomalies of the Hand.* H. Relton McCarrol, Jr., Orthosurg. Toland Hall. 7 a.m.

SFGH ORTHOPEDIC SURGERY STAFF CONFERENCE. Rm. 5K8, SFGH. 7:30-9 a.m.

MULTIDISCIPLINARY TUMOR BOARD: M 1296. 7:30 a.m. Call coordinator Barbara Blakely, 476-1662.

DERMATOLOGY CONFERENCE: *Surgical Treatment, Local & Regional Melanoma.* John Ridge, Surg., VAMC. HSW 301. 8-9 a.m.

OCCUPATIONAL & ENVIRONMENTAL MEDICINE GRAND ROUNDS: *Employers & Elder Care.* Ada Burko, social worker. A 455. 8-9 a.m.

ENDOCRINE GRAND ROUNDS: *Consequences of Reduced Beta Cell Mass.* Gordon Weir, Joslin Diabetes Cntr., Harvard. M 1486. 8:30 a.m.

CORNEA LECTURE SERIES. Harry Hind Library, 95 Kirkham St. Noon.

BROWN BAG LECTURE SERIES: *Mysteries of the Immune System.* Jay A. Levy, Med. & CRI. HSW 300. Noon-1 p.m. Call 476-4394.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. C 517. Noon-1 p.m.*

ALCOHOLICS ANONYMOUS MEETING: All are invited. UCSF-Mission Center (MCB), 3rd fl., Rm. 300C. 12:05 p.m.*

PSYCHIATRY GRAND ROUNDS: *A Study of Children's Responses to the Challenger Disaster.* Lenore C. Terr, Psychr. LPPI Aud. 1-2 p.m.

HEAD & NECK TUMOR CONFERENCE. A 723. 1 p.m.

SEMINARS IN BIOLOGY: *Adhesion & Signalling During Fertilization in* Chlamydomonas. William J. Snell, Cell Bio., U Texas Southwestern Med. Cntr. HSW 300. 4 p.m.

SEP KICKOFF

The Science & Health Education Project invites UCSF students & faculty to get together with San Francisco's middle & high school teachers & students to form partnerships. Food & beverages provided. Free parking. MU Conf. Cntr. 4 p.m.*

CHILD NEUROLOGY CONFERENCE. M 666. 4:30 p.m.

UROLOGIC PHYSIOPATHOLOGY CONFERENCE: *Formation of Ureteral and Uretheral Strictures.* Carl Thomas, Uro. M 464. 5-6 p.m.

PATHOLOGY GRAND ROUNDS: Resident Case Presentations. HSW 508. 5:30-6:30 p.m.

SAN FRANCISCO HISTORY CLASS: Meets every Wednesday through Dec. 12. Led by Charles Fraccia, SF Historical Society. Toland Hall. 7:30-9:30 p.m. Call 567-2725 for information.*

18 Thursday

MEDICINE GRAND ROUNDS: *Current Challenges in the Treatment of Type I Diabetes Mellitus.* Gordon Weir, Joslin Diabetes Clinic, Harvard. Toland Hall. 8-9 a.m.

SFGH NEUROLOGY/NEUROSURGERY CONFERENCE. 4H2, SFGH. 8-9 a.m.

PEDIATRICS GRAND ROUNDS: *Hepatitis C Infection.* Peggy S. Weintrub, Ped. S 664. 8:30-9:30 a.m.

OPHTHALMOLOGY GRAND ROUNDS: *Small Incision & Post-Operative Astigmatism.* Steven P. Shearing, private practice, Las Vegas. Preceded by case presentations: *Pathology.* S 214. 8:30-10 a.m.

SFGH TRAUMA CENTER CONFERENCE. Rm. 4H2, SFGH. 9-10 a.m.

FAMILY & COMMUNITY MEDICINE/PRIMARY CARE LECTURE SERIES: *Ambulatory Assessment & Management of Hypertension.* Fred Glazener, Med. & Ron Finley, Clin. Pharm. & Pharm. A 455. 10 a.m.-noon.

CLINICAL PATHOLOGY CONFERENCE. HSE 317. 10-11 a.m.

EMERGENCY PREPAREDNESS FORUMS

The Chancellor's Emergency Preparedness Committee invites you to attend one of two forums to learn what the campus has done and plans to do and what you can do for yourself & your family. Open Q & A session, plus EMPACT! earthquake kits for sale. (Also see story, page 1.)

- Thurs., Oct. 18: Toland Hall, 10:30-11:30 a.m.
- Thurs., Oct. 25: 1st floor Conf. Rm, UCSF-Mission Center (MCB). 12:30-1:30 p.m.

PEDIATRIC TUMOR CONFERENCE. L 34. 11 a.m.-12:15 p.m.

WHICH SCHOOL IS BEST?

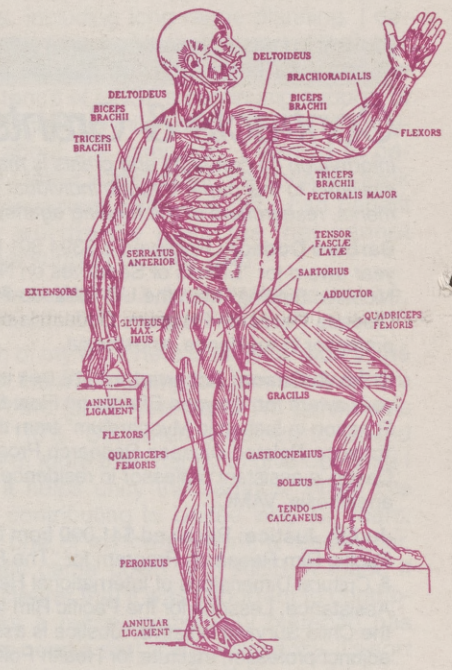
Getting Your Child Into School. Sylvia Buford, director, Phoebe A. Hearst Preschool, leads discussion by representatives from public & private schools. Co-sponsored by UCSF Child & Elder Care Referral Serv. & the Women's Resource Cntr. LPPI Aud. Noon-1 p.m. Call 476-2692 or 476-0400 for information.*

ORAL BIOLOGY 220 SEMINAR SERIES: *Pattern Formation in the Vertebrate Embryo.* Michael Frohman, Anat. S 664. Noon.

MEDICINE/SURGERY ADULT CARDIAC CATHETERIZATION CONFERENCE. L 1361. 4-6 p.m.

ORTHOPEDIC SURGERY STAFF CONFERENCE. A 630. 4-5 p.m.

NEUROSURGERY GRAND ROUNDS. HSW 302. 4-5:30 p.m.



CAREERS IN HEALTH FAIR

The Medical Center is hosting a "Careers in Health" fair designed for students and adults to talk informally with health professionals about careers in the health field. Refreshments, prizes & souvenirs. Tours of individual departments can be arranged. Free parking. Millberry Union Gym. 4-7 p.m. Call Ellen Call at 476-1848 for information.*

PRIMARY CARE GRAND ROUNDS: *Neurosyphilis.* Roger Simon, Neuro., SFGH. A 455. 4:30 p.m.

RADIOLOGY GRAND ROUNDS: *State of the Art: Color Doppler.* Kenneth J. Taylor, Rad. & Ultrasound, Yale New Haven Hosp. HSW 301. 5:15-6:15 p.m.

WOMEN WELCOME WOMEN WITH COMEDY III

Just for Laughs. Come & enjoy the comedy of Karen Ripley, Margaret Cho & Diane Amos, three of the Bay Area's most gifted comediennes. Refreshments will be served. MU Conf. Cntr. 5:30-8 p.m. Call 476-0400 for information.*

COLE HALL CINEMA: *Die Hard II.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees (today only) $3; general $3.50. Cole Hall. 5:45 & 8:15 p.m.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. LPPI A 222. 6 p.m.*

UROLOGY JOURNAL CLUB: No. 2, Belmont Ave., SF. 6:30 p.m. Call 759-7407.

19 Friday

CRI HEMATOLOGY/ONCOLOGY JOURNAL CLUB. M 1296. 8 a.m.

CHILD & ADOLESCENT PSYCHIATRY CONFERENCE: *Art Therapy with Hospitalized Children: A Focus on Trauma & Illness.* Linda Chapman, Play Ther. Unit, Ped., SFGH. LPPI Aud. 10:10-11:30 a.m.

Oct. 13-26, 1990

PHARMACEUTICAL CHEMISTRY SEMINAR: *Inhibition of HIV Protease: Biochemistry & Biology.* Brian Metcalf, Smith Kline & Beecham. S 1364. 11 a.m.

ALCOHOLICS ANONYMOUS MEETING: All are invited. HSE 336. Noon-1 p.m.*

PATHS OF HEALING & WHOLENESS SEMINAR: *Transformational Movement & Expression.* Deborah Haviland, dance therapist. N 721. Noon. Call Marie Lehrer at 476-3939 for information.*

HISTORY OF CALIFORNIA THROUGH ART

Early California through the Eyes of the Artist. Nan & Roy Farrington Jones, art enthusiasts, present slides of paintings of early California. Sponsored by the Med. Cntr. Auxiliary. Reception precedes slide presentation. Toland Hall. 5-7 p.m. Call 476-4906 for information.*

COLE HALL CINEMA: *Die Hard II.* Children under 14 $2; UCSF students & MU members $2.50; students & seniors $3; general $3.50. Cole Hall. 6:30 & 9 p.m.*

20 Saturday

SURGERY GRAND ROUNDS: *Non-Operative Management of Liver Injuries.* M. Margaret Knudson, Surg. Followed by M&M conference. Toland Hall. 8:30-9:30 a.m.

GREAT EXPECTATIONS PROGRAMS FOR PARENTS: *Financial Planning for Your Child's Future.* Financial planner Cathy O'Loughlin leads discussion for this, the third of a six-part "Growing Family" series. $5 individual/couple. S 118. 9 a.m.-noon. Call 476-6667.*

CHILD & FAMILY HEALTH FAIR

More than 30 hands-on exhibits devoted to good health, disease prevention & safety, plus behind-the-scenes tours of research labs & medical center departments. Free parking. MU Gym. 10 a.m.-3 p.m. Call 476-1848 for information.*

LOW VISION FORUM: Social worker Helen Luey discusses dealing with the effects of a double disability—sight loss & hearing loss. A series of forums held on the first & third Saturdays of each month. Clinical Eye Res. Bldg., 374 Parnussus. 11 a.m.-1 p.m. Call Frances Neer at 626-5313 for more information.*

22 Monday

OTOLARYNGOLOGY GRAND ROUNDS: *Management of the N_0 Neck.* Mark I. Zeme & Michael J. Kaplan, both Oto. S 214. 8-10 a.m.

VAMC NEURORADIOLOGY ROUNDS. 2A56, VAMC. 8:30-10 a.m.

VAMC NEUROPATHOLOGY CONFERENCE. Rm. 2A56, VAMC. 10:10-11 a.m.

OVEREATERS ANONYMOUS MEETING: *The "H.O.W." Concept.* A more structured approach to over-eating. Speaker & discussion. N 417. Noon. Call Lia, 476-4251.*

DERMATOPHARMACY/DERMATOTOXICOLOGY SEMINAR: *Percutaneous Penetrations of Solvents: Models & Mechanisms.* Anders Boman, Derm. HSE 733. 12:10-1 p.m.

LABORATORY MEDICINE GRAND ROUNDS: *Crossing the ABO Barrier in Solid Organ Transplantation.* Stephen J. Tomlanovitch, Med. L 535. 4-4:50 p.m.

URORADIOLOGY CONFERENCE. M 464. 5-6 p.m.

23 Tuesday

ORAL & MAXILLOFACIAL SURGERY GRAND ROUNDS: *Nonsurgical Therapy of the TMJ.* Charles McNeil, Temporomandibular Joint Clinic & Rest. Dent. C 701. 8 a.m.

SFGH PEDIATRIC GRAND ROUNDS: *Birth Defects Monitoring.* Susan Ferguson, CA Birth Defects Monitoring Prog. Carr Aud., SFGH. 8:30-9:30 a.m.

TRANSFUSION MEDICINE RESEARCH FORUM: *Signal Transduction of the T-Cell Antigen Receptor.* Arthur Weiss, Med, Microbio. & Imm. L 535. 8:30 a.m.

OB/GYN GRAND ROUNDS: *Weight Gain During Pregnancy: What We Know & What We Don't.* Barbara Abrams, Schl. Public Hlth., UCB. S 1364. 9 a.m.

PEDIATRIC NEURORADIOLOGY CONFERENCE. HSE 317. 9 a.m.

SFGH MEDICINE GRAND ROUNDS. Carr Aud., SFGH. 11:30 a.m.

RACIAL HARMONY AMONG SCHOOL CHILDREN

Words Can Never Harm Them? Achieving Racial Harmony Among Elementary School Children. Lottye D. Clayton, principal, Emerson Elementary School, Oklnd., discusses how race issues are handled at Emerson. Sponsored by the Women's Resource Cntr. Toland Hall. Noon-1 p.m. Call 476-0400 for information.*

NEW HEALTH PLAN DISCUSSION

Open enrollment options include a new health plan called UC Care. Cole Hall. Noon. (See page 6 for details on open enrollment.)

GERIATRIC GRAND ROUNDS: *Usefulness of Diagnostic Screening Tests in the Elderly.* Herbst Hall, Mt. Zion. Noon-1 p.m.

OVEREATERS ANONYMOUS MEETING: Regular OA discussion meeting. N 717B. Noon.*

VAMC EEG READING SESSION. Bldg. 203, Rm. 2A49, VAMC. 2:30 p.m.

EPIDEMIOLOGY & BIOSTATISTICS SEMINAR: *Clinical Epidemiology in Action: Jaundice in the Newborn.* Thomas B. Newman, Ped., Epid. & Biostat. & Med. 74 New Montgomery St. 3:15-4:40 p.m.

VIDEO CONFERENCE ON SUBSTANCE ABUSE & MENTAL ILLNESS

Dual Diagnosis: Substance Abuse & Depressive Illness. Frederick Goodwin, administrator, Alcohol, Drug Abuse & Mental Health Administration, leads discussion on the relationship between substance abuse and mental illness. Sponsored by LPPI & the UCSF Faculty, Staff & Student Assistance Prog. HSW 300. 3:30-5 p.m. Call Julie Howard at 476-7180 for information.

SFGH GI MEDICINE/SURGERY/RADIOLOGY IMAGING CONFERENCE. Rm. 1X58, SFGH. 4-5 p.m.

ROBERT B. AIRD LECTURE

Neural Systems Underlying Memory. Antonio R. Damasio, Neuro., U Iowa. Sponsored by the Dept. Neurology. Toland Hall. 5 p.m. (Also see Wed., Oct. 24, 4:30 p.m., Child Neurology Conf.)

24 Wednesday

MULTIDISCIPLINARY TUMOR BOARD: M 1296. 7:30 a.m. Call coordinator Barbara Blakely, x61662.

OCCUPATIONAL & ENVIRONMENTAL MEDICINE GRAND ROUNDS: *Soft Tissue Rheumatism & Chronic Fatigue.* Kenneth Fye, Med. SFGH Bldg. 30, 5th fl. 8-9 a.m.

DERMATOLOGY CONFERENCE: *Human & Animal Bites: Epidemiology & Management.* Richard Jacobs, Infec. Dis. HSW 301. 8-9 a.m.

ENDOCRINE GRAND ROUNDS: *Atrial Natriuretic Factor: Advances at the Basic & Clinical Levels.* David Gardner, Med. M 1486. 8:30 a.m.

TAY-SACHS SCREENING

These free Tay-Sachs carrier screenings take only five minutes. Southeast quad of Millberry Union. 10 a.m.-2 p.m.

CORNEA LECTURE SERIES. Harry Hind Library, 95 Kirkham St. Noon.

BROWN BAG LECTURE SERIES: *Mythinformation: Stage Fright Is Natural.* Kraemer Winslow, Exec. Communications. HSW 300. Noon-1 p.m. Call 476-4394.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. C 517. Noon-1 p.m.*

CARMEN DE MONTEFLORES

Carmen de Monteflores, a Puerto Rican psychotherapist, author & artist, discusses the influences that shaped her novel, *Singing Softly/Cantando Bajito,* and the discovery of her voice as a writer. Sponsored by the Women's Resource Cntr. Latin Women Coalition. S 30. Noon-1 p.m. Call 476-0400 for information.*

ALCOHOLICS ANONYMOUS MEETING: All are invited. UCSF-Mission Center (MCB), 3rd fl., Rm. 300C. 12:05 p.m.*

PSYCHIATRY GRAND ROUNDS: *Beyond Genocide: Toward a Species Mentality.* Robert Jay Lifton, Psychr. & Psych., John Jay College of Crim. Justice, CUNY; Cntr. on Violence & Human Survival. LPPI Aud. 1-2 p.m.

***Open to the public.**

HEAD & NECK TUMOR CONFERENCE. A 723. 1 p.m.

SFGH LUNG BIOLOGY SEMINAR: *Cell Regulation by Extracellular Matrix.* Erkki Ruoslahti, La Jolla Cancer Res. Fndt. Carr Aud., SFGH. 3 p.m.

SFGH GI MEDICINE/SURGERY PATIENT CARE CONFERENCE. Rm. 4H2, SFGH. 4:30 p.m.

CHILD NEUROLOGY CONFERENCE: *Disorders of Language: Clinical Evidence & Neuroanatomical Correlates.* Antonio R. Damasio, Neuro., U Iowa. S 664. 4:30 p.m. (Also see Aird Lecture, Oct. 23.)

OPERATIVE UROLOGY CONFERENCE: *Reconstruction of Renal Injuries.* Jack W. McAninch, Uro. M 464. 5-6 p.m.

PATHOLOGY GRAND ROUNDS: *Prions.* Stephen DeArmond, Path. HSW 508. 5:30-6:30 p.m.

GREAT EXPECTATIONS PROGRAMS FOR PARENTS: *Work, Stress & Pregnancy.* Panel discussion makes up the second in the six-part series "Working Pregnant." $5 individual/couple. Millberry Union Conf. Cntr. 7-9 p.m. Call 476-6667.*

BRAIN TUMOR SEMINAR: *Recent Developments in Brain Tumor Research.* Michael Prados, Neurosurg. Second in a series of three seminars for brain tumor patients, survivors, their families & health professionals. Sponsored by the Brain Tumor Research Cntr. & Natl. Brain Tumor Fndt. UCSF-Laurel Heights Aud., 3333 California St. 7:30-9:30 p.m. Call 269-0404 for information.*

25 Thursday

MEDICINE GRAND ROUNDS: *Can Lifestyle Changes Reverse Coronary Atherosclerosis?* Dean Ornish, Med. & Preventive Med. Res. Inst. Toland Hall. 8-9 a.m.

SFGH NEUROLOGY/NEUROSURGERY CONFERENCE. 4H2. 8-9 a.m.

PEDIATRICS GRAND ROUNDS: *Approach to the Unknown Ingestion.* Kent R. Olsen, Med. & Poison Control Cntr., SFGH. S 664. 8:30-9:30 a.m.

OPHTHALMOLOGY GRAND ROUNDS: *Surgical Management of Inflammatory Ocular Diseases.* David Vastine, private practice, Walnut Creek. Preceded by case presentations: *Oculoplastics.* S 214. 8:30-10 a.m.

SFGH TRAUMA CENTER CONFERENCE. Rm. 4H2, SFGH. 9-10 a.m.

FAMILY & COMMUNITY MEDICINE/PRIMARY CARE LECTURE SERIES: *Diagnostic Testing.* Steve Cummings, Med. & Epid. *Medi-Cal/Medicare: National Health Insurance.* Joseph Barbaccia, FCM & Memory & Alzheimer's Clin. A 455. 10 a.m.-noon.

NEUROLOGY/NEURORADIOLOGY CONFERENCE. HSE 317. 10-11 a.m.

OPHTHALMIC PLASTIC & RECONSTRUCTIVE SURGERY: *Surgical Optic Nerve Disease.* Stuart Sieff, Oph., Oph. Plast. & Reconstr. Surg. & Oph., SFGH. Eye Clinic Conf. Rm., 7th fl., ACC. 10:30-11:30 a.m.

PEDIATRIC TUMOR CONFERENCE. L 34. 11 a.m.-12:15 p.m.

ORAL BIOLOGY 220 SEMINAR SERIES: *Neural Crest: Migration & Diversification.* Carol A. Erikson, Zoo. S 664. Noon.

SANDWICHED BETWEEN CHILD & ELDER CARE?

The Daughter/Son Track: Parenting on Both Ends of the Spectrum. Linda Mitteness, Med. Anth., discusses the issues & needs faced by these caregivers, and what resources are available to help them. Co-sponsored by UCSF Child & Elder Care Referral Serv. & the Women's Resource Cntr. LPPI Aud. Noon-1 p.m. Call 476-2692 or 476-0400 for information.*

MEDICAL ANTHROPOLOGY RESEARCH SEMINAR: *A Case Study Analyses of Treatment of Acute Illness in Nursing Homes: Social, Political & Ethical Issues.* Jeanie Kayser-Jones, Physio. Nurs. & Med. Anth. Laguna Honda School, Rm. 218. Noon-1 p.m.

EMERGENCY PREPAREDNESS FORUM: 1st floor Conf. Rm., UCSF-Mission Center (MCB). 12:30-1:30 p.m. (See listing, Thurs., Oct. 18.)

DENTISTRY DEAN'S SEMINAR: *Skeletal Modeling & Remodeling.* Arnold J. Kahn, Growth & Dev. C 701. 12:30-1:45 p.m.

MEDICINE/SURGERY ADULT CARDIAC CATHETERIZATION CONFERENCE. L 1361. 4-6 p.m.

ORTHOPEDIC SURGERY STAFF CONFERENCE. A 630. 4-5 p.m.

NEURORADIOLOGY GRAND ROUNDS. HSW 303. 4-5 p.m.

PRIMARY CARE GRAND ROUNDS: *Management of Neurological Complications of HIV Disease: Case Presentation.* Harry Hollander, Med. & Stomat. A 455. 4:30 p.m.

RADIATION ONCOLOGY JOURNAL CLUB. L 34. 5 p.m.

HITCHCOCK LECTURE

The Body Transparent: What More Can NMR Do for Biology & Medicine? Paul C. Lauterbur, Biomed. MRI, U Illinois. Sponsored by Dept. Radiology. HSW 301. 5:15-6:15 p.m.

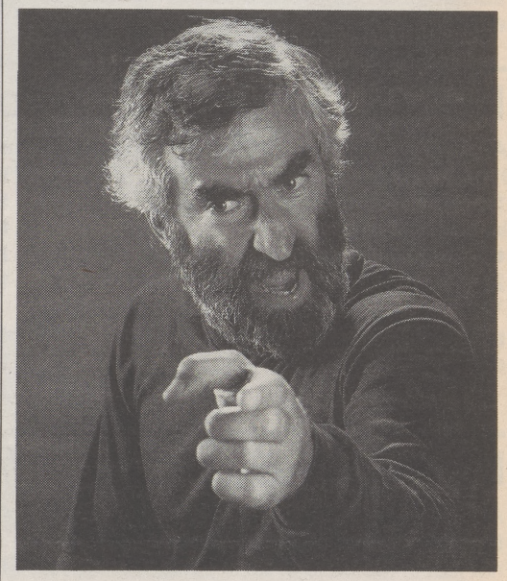
COLE HALL CINEMA: *Long Time Companion.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees (today only) $3; general $3.50. Cole Hall. 5:45 & 7:45 p.m.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting—alcoholics only. LPPI A 222. 6 p.m.*

26 Friday

CRI HEMATOLOGY/ONCOLOGY JOURNAL CLUB. M 1296. 8 a.m.

PHARMACEUTICAL CHEMISTRY SEMINAR: *Molecular Toxicology & Drug Design.* N.P.E. Vermeulen, Pharm. Chem./Mol. Toxic., Free U, the Netherlands. S 1364. 11 a.m.



COLE HALL MATINEE CABARET

Everyone's War. Stu Richel, actor, attorney, Vietnam vet & teacher. Sponsored by Arts & Performances. Cole Hall. Noon. Call 476-2542.*

ALCOHOLICS ANONYMOUS MEETING: All are invited. HSE 336. Noon-1 p.m.*

PATHS OF HEALING & WHOLENESS SEMINAR: *Reclaiming Your Authenticity & Joy in an Unauthentic World.* Allen L. Roland, author. N 721. Noon. Call Marie Lehrer at 476-3939 for information.*

COLE HALL CINEMA: *Long Time Companion.* Children under 14 $2; UCSF students & MU members $2.50; students & seniors $3; general $3.50. Cole Hall. 6:30 & 8:30 p.m.*

DEVELOPMENT & TRAINING

For further information call 476-4032.

Travel Expense Processing. Wed., Oct. 17. 1:20-4:30 p.m. $10.

Self Assessment for Career Planning. Wed., Oct. 31, Nov. 7, 14, 21. 8:30 a.m.-noon. $25.

Managing a Culturally Diverse Workforce. Fri., Nov. 2. 8:30 a.m.-4:30 p.m. $20.

Personnel Policies for Supervisors. Tues., Nov. 6, 13, 20. 9 a.m.-noon. $10.

Basic Grammar for Writing. Wed., Nov. 7, 14, 21, 28. 1-4 p.m. $30.

General Ledger & Accounting. Thurs., Nov. 8. 8:30 a.m.-noon. $10.

Materiel Management Workshop. Thurs.-Fri., Nov. 15-16. 8:30 a.m.-12:30 p.m. $15.

Supervising in the Workplace: Administering Consistent & Appropriate Discipline. Tues., Nov. 27. 8:30 a.m.-noon. $10.

How to Manage AIDS Issues in Your Department. Wed., Nov. 28. 9-11:30 a.m. $15.

Coping with Difficult People. Thurs., Nov. 29. 8:30 a.m.-4:30 p.m. $30.

CONTINUING EDUCATION

MEDICINE

For program information call 476-4251, registration 476-5808 unless otherwise noted.

Ninteenth Annual Topics in Emergency Medicine. Holiday Inn Union Square. Oct. 29-Nov. 2.

Update on Thyroid Disease: 1990. Hyatt Regency, Embarcadero Cntr. Nov. 2-3.

The UCSF Otolaryngology Update: 1990. Holiday Inn Union Square. Nov. 8-10.

Benefits/Personnel

Get Ready for Open Enrollment!

A number of events have been planned to help you with your decisions during the Open Enrollment period in November, when eligible employees can make changes in their benefits. In the next issue we'll publish a summary of the options available this year, but meanwhile, here are some dates to mark in your calendar:

- **Tuesday, October 23: Presentation of a new health plan, UC Care.** A new fee-for-service plan which will be offered in addition to the Prudential High Option and Core Plans. Noon to 1 p.m. in Cole Hall.
- **Wednesday, October 31: Open Enrollment Open House.** An opportunity to meet and talk individually with reps from all the medical and dental plans, plus Midwest Legal Services. 8 a.m. to 4 p.m. in the MU Conference Center.

On the following dates, staff from the Benefits Office will provide information and answer questions about each plan available during Open Enrollment. Staff will be available an hour before and after the meetings to answer individual questions (except at the Mount Zion drop-in sessions and on November 15, when staff will be available after the session only). Booklets describing the plans will be available at the meetings as well as in your department.

- Friday, November 2: SFGH Carr Auditorium, 12:15 to 1:15 p.m.
- Tuesday, November 6: Mission Center, Room 125, noon to 1 p.m.
- Wednesday, November 7: HSW 302, noon to 1 p.m.
- Thursday, November 8: Mount Zion, dining rooms 2 and 3, drop-in 8 a.m. to 1 p.m.
- Friday, November 9: Oyster Point, two afternoon sessions (times to come).
- Monday, November 12: Mount Zion dining rooms 2 and 3, noon to 4 p.m.
- Wednesday, November 14: HSW 302, noon to 1 p.m.
- Thursday, November 15: Toland Hall, 5 to 6 p.m.
- Friday, November 16: VAMC, Building 203, third floor, room 3 B 66.
- Tuesday, November 20: S 1364, noon to 1 p.m.

Health Net Discounts for Wellness Classes

As a part of its "Aim for Wellness" program, Health Net is offering discounts (of up to 100%!) on selected Millberry Union classes, including:

- **Lowering Cholesterol.** Monday, October 22, 6 to 8 p.m. Free to Health Net members. Tips on healthy heart food selection and preparation, menu planning, dining out and desserts. Recipes provided.
- **Managing Holiday Stress.** Saturday, November 17, 10 a.m. to 5 p.m. Reduced price of $30 for Health Net members. Learn what triggers stress, why it can make you sick, how to change your body's reaction, and how to feel better despite stress.

Register in person at Millberry Fitness Desk (must show Health Net card for reduced rate). Call 476-1115 for further information.

Earthquake *(continued from page 1)*

An 800 number also will be listed just in case the campus lines are down. "These cards are not just in the case of an earthquake, but for any emergency, for example a major fire," explains Vice Chancellor Brent Stevenson, who chairs the Chancellor's Emergency Preparedness Committee.

Soon after the forums, Chancellor Krevans will be sending through the campus mail one of these emergency cards to each employee.

October 26 Disaster Drill

On Friday afternoon, October 26, the Medical Center will participate in a city-wide earthquake disaster drill. The drill assumes that a major earthquake has struck San Francisco leaving the city without electricity and suffering major damage, including a collapsed skywalk in the Portsmouth Square area of Chinatown, and various fires throughout the area.

The Medical Center will test all areas of its disaster plan, including the disaster control center, triage, EH&S, police, physical plant, news and media, radio communication, and the public receiving area. The drill will assume that a fire breaks out between LPPI and Long Hospital with multiple injuries throughout the Medical Center from fallen bookcases, etc. "This also will be the first time we test the Ambulatory Care Center first floor in handling the walking wounded, and the first time we test evacuation procedures in a few areas of the Medical Center," explains Medical Center Assistant Director Dan Shydler, administrative liaison for the medical staff disaster committee. Dan adds, "In the future we hope that we will reach a point where we can have these drills unannounced."

Med Center Education Program

The morning of the disaster drill, the Medical Center will be putting on a disaster preparedness educational program for all Medical Center management and nursing administration. Topics will include operation triage, what an individual should do at a disaster site, evacuation and fire procedures, and a review of the hand-held radio system. All Medical Center adminstrators and nurse managers should have been alerted to this important program already. If not, you should call Rosanne Rappazini at 476-1405 for further information.

THIS TREE IS PLANTED IN MEMORY OF
UCSF EMPLOYEES
JOY EDSTROM, LANNA LEE, DONNA MARSDEN,
DELORES ARDOIN STEWART AND RAE BEAUREGARD-SUND
WHO LOST THEIR LIVES IN THE
OCTOBER 17, 1989 EARTHQUAKE

Campus Remembers Those Who Died

As a memorial to all those who died during the October 17 earthquake, the campus has planted a tree in front of the Medical Sciences building, with the above plaque.

Fun Zone

Get Out Your Pumpkin Carving Tools

It's mid October and time for a young man's fancy to turn toward pumpkin carving. (Yes, we know: or a young woman's fancy.) Also time to start thinking about your costume. EMPACT!, Student Services and Millberry Programs and Services is planning its annual Halloween Festival in Saunders Court on Wednesday, October 31, during the noon hour. (TakeCare Health Plan is the major sponsor for this year's event.)

The way it will work this year is that the satellite locations will have jack-o-lantern contests on the 30th and then all the winning pumpkins will come up to Parnassus for the finals on the 31st. There are a couple of categories this year: "Design your pumpkin to look like your favorite cartoon character" or a "do what you please" category.

Remember last year's winner in the "do what you please" category? It was a pumpkin carved into a depiction of Candlestick Park during the World Series (and the earthquake, of course). It was called "Seismic Series." It was a joint effort between the Surgery Center staff and the Department of Physiological Nursing.

Anyway, if you want to enter, you're supposed to get your entry form in by Monday, October 22, to EMPACT!, which sponsors the carving contest component of the Halloween Festival. Call 476-6932 to get an entry form.

If you want to enter the costume contest, just show up in Saunders Court around noon with your costume on. The organizers will ask you to parade around in front of the crowd, and then the crowd will help decide who should win.

No word was received on what the prizes will be, but certainly there will *be* prizes, and probably good ones.

If you have no capacity for carving or costumes, you can come anyway and see what develops from those who do. In addition to being plenty to see, there will be entertainment for free and food for purchase. Watch for flyers and posters with further information.

Also on the agenda:

- **Great Pumpkin Gift Delivery.** The Great Pumpkin (is it going to be Al Kerr dressed like a pumpkin again?) will deliver treat (or trick) bags to friends and co-workers on Halloween Day. Call 476-6932, for an order form. Order deadline date, Monday, October 22. (EMPACT!)
- **Exercise/Sports Motivation Skills Seminar.** Monday, October 15, 6 to 8 p.m. Learn mental training techniques to increase efficiency of workouts. Register at MU Fitness Desk. Call 476-1115 for more information. (MU Recreation)
- **Earthquake Preparedness Events.** Thursday, October 18, from 10:30 to 11:30 a.m. in Toland Hall; and Thursday, October 25, from 12:30 to 1:30 p.m. in the Mission Center first floor conference room. Earthquakes kits for sale; information booths. (EMPACT! and Chancellors' Emergency Preparedness Committee)
- **Women Welcome Women.** Thursday, October 18, 5:30 to 8 p.m. in the MU Conference Center. Featuring Bay Area comedians. Free. Call 476-5836 for more information. (Women's Resource Center and other campus organizations)
- **Leather Accessories Sale.** Wednesday, October 17, and Monday, October 22, 8 a.m. to 5 p.m., Med Sci lobby. Presented by the "Beartique" gift shop.
- **Cole Hall Cinema.** "Die Hard II," Thursday and Friday, October 18 and 19; "Long Time Companion," Thursday and Friday, October 25 and 26. See "Calendar" section for times.
- **Rock Climbers Workshop.** Wednesday, October 25, 7 p.m. in Millberry Union. Emphasis is on movement and mental training. $5. Call 476-2078. (Outdoors Unlimited)
- **125th Bargain Basement Sale.** Thursday and Friday, October 25 and 26, from 11 a.m. to 2 p.m. in the Med Sci lobby. 125th Anniversary T-shirts and sweats on sale half price. (EMPACT!)
- **Bicycling: In Search of Bolinas.** Saturday, October 27. Follow a coastal route from Stinson Beach to mythical Bolinas and its famous, fabled bakery. 25 to 35-mile loop. Pre-trip meeting Wednesday, October 24. Call 476-2078. (Outdoors Unlimited.)
- **Croquet Club Goes to Stern Grove.** Saturday, October 27, 2 to 5 p.m. $17 a person, beginners welcome. Reservations by Friday, October 19, at MU Central Desk. (EMPACT!)
- **Faculty/Staff Art Show.** Monday and Tuesday, November 12 and 13, in the MU Conference Center. Openings for entries still available. Call 476-6761. (Arts & Performances)
- **UCSF Non-Marching Band.** New group forming. Need woodwind, brasswind and percussion musicians. Call Roger Torrey, 661-0519. (Arts & Performances)

Are You Better Prepared Now?

If you are breathing easier now because "the big one," the earthquake to match the '06 monster is over. . . don't. The 7.1 Loma Prieta quake that struck the Bay Area last year on Tuesday, October 17, ..as nowhere near the size of the great quake of 1906. And experts tell us that having a quake along that faultline has nothing to do with diminishing our risk of having another devastating quake in the near future. Below is a list of earthquake preparedness tips which might help save your life, courtesy of the Office of Emergency Services for the City and County of San Francisco.

What to do before an earthquake:

- Learn how to turn off all utilities.
- Develop a plan for reuniting your family.
- Learn basic first aid and CPR. (You can learn CPR through our CPR Center. Call 476-1817.) Keep a first-aid kit on hand. (Emergency kits available from EMPACT! Call 476-2675.)

What to do during an earthquake:

- Stay calm.
- If you are inside, stand in a doorway or crouch under a desk or table away from windows and other glass.
- If you are outside, stand away from buildings, trees, telephone and other electric wires.
- If you are driving, stay away from overpasses and underpasses, stop in a safe area and stay in your vehicle.

What to do after an earthquake:

- Check for injuries and provide first aid.
- Check for gas, water or sewage breaks; downed electric lines; building damage and potential safety problems during aftershocks such as cracks around chimneys and foundations. Turn off utilities.
- Clean up dangerous spills.
- Wear shoes for protection.
- Turn on radio and listen for instructions from public safety agencies.
- Use the telephone *only for emergencies*.
- If you have an emergency, call 911.

What to have on hand:

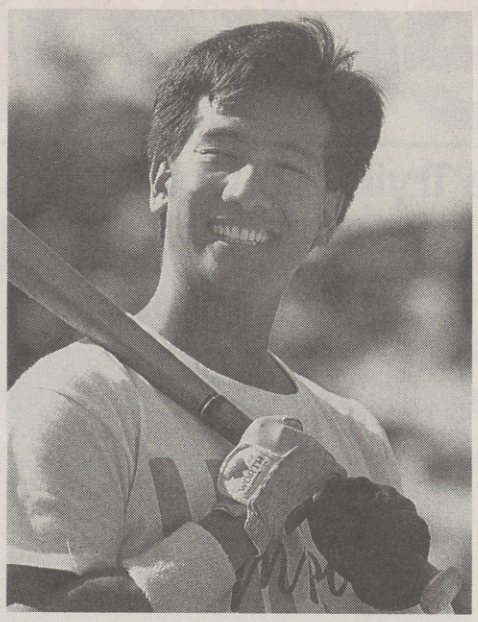
- Portable radio and extra batteries.
- Flashlight and extra batteries.
- First aid kit and guide book.
- Fire extinguisher.
- Adjustable wrench for turning off gas and water.
- Smoke detectors throughout your home and business.
- Portable fire escape ladder for homes or apartments with multiple floors.
- Enough bottled water in plastic containers for your entire family.
- Enough canned and dried foods for your entire family to last for a week.
- Non-electric can opener.
- Matches.
- Telephone numbers of police, fire and doctor.

Many other earthquake safety guides are available free to people living in the Bay Area. For further information write the Bay Area Regional Earthquake Preparedness Project at Metrocenter, 101-8th Street, Suite 152, Oakland, CA 94607, or call 540-2713.

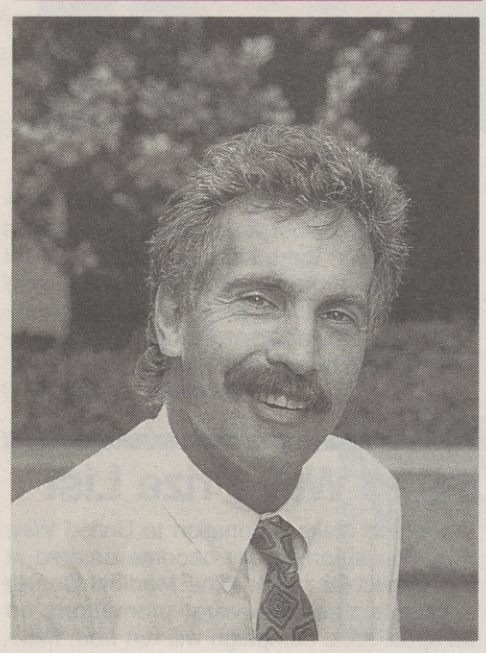
Medsounds Continued

Tough Competition for Director's Cup: HISD, Medical Records Take It

It was a tough contest against Mount Zion's Environmental Services, but Hospital Information Services Department (HISD) emerged victorious and claimed the Director's Cup in softball in last Saturday's competition. In the volleyball championship, it was once again Medical Records (they took it last year) against Environmental Services that took the coveted Cup. Far right, the victorious volleyball team: (left to right) Emily Kearney (she's got a mean serve!); Marianne, the mom; Harlan and Melinda Wong; Jim Fink. Missing are Malcolm Oubre and Patsy Whitfield. Right, HISD softball captain Dave Ramil. His teammates were Ed Hom, Terry Peura, Al Naklowyzc, Chris Harden, Mike Lehr, Steve Bugos, Jim Grubb, Pete Simac, Herman Chibnik, Ed Shimazu.



Random Shots



Jim Fink

Position: Technical director, Respiratory Care Services.

Years at UCSF: Eleven, 10 in present position.

Background: Born in Philadelphia, grew up in Clearwater, Florida. Graduated from University of South Florida in Tampa with a degree in philosophy. An acquaintance presented a relatively new field called respiratory therapy as a possible career direction for him. The field had come a long way from iron lungs and was finding quite a niche.

His theory on why he clicked with the idea: Was a long-standing student of Eastern martial arts, which emphasize proper breathing for health and vitality. Could be he was especially receptive to a field that emphasized something similar. Formal respiratory care training programs in schools were an undeveloped concept those days; he took on-the-job training program in a Florida hospital. Presently he became the night shift supervisor; then moved up the ladder into management and as an instructor. Along the way he picked up an AB in Respiratory Therapy and an MS in adult education. Came to UCSF in 1979 as education director for Respiratory Care Services. A few months later, he took over as director of the department.

Eleven years later: Ever-increasing technology and ever-decreasing budgets have joined forces to create an environment in which one finds better ways of doing things in less time and for less money, without increasing staff. Toward this end, the department has concentrated its presence in the intensive care areas, gradually phasing its function on the floors into more of a consulting capacity. Also toward this end, the department has led several studies in efficiency and alternate treatment modes (and continues to do so), at least one of which is resulting in a change in national standards. (A modification in ventilator circuits has allowed a circuit change every five days, as opposed to the traditional 24 hours.)

What you may not know about the respiratory care field: There are more jobs than people. Right now the shortage stands at about 13%. Here, the staff is up to capacity—about 70 people—mostly because recruitment has been such a big focus these past years. Jim personally has gone out to colleges and invited participants in the respiratory care programs to come work at UCSF. A good number have taken him up on it, especially from Napa College (see adjacent photo). He also has been active in hospital-wide recruitment efforts, including helping to expand the annual "Careers in Health" event to become a career fair representing many fields.

Small plug from Jim: "A career as a respiratory therapist is very attainable, and the pay is great."

Recent large thing he did: He and his two brothers wrote a book, *Respiratory Therapists as Managers*. Most of the collaboration was with his brother in the Midwest, formerly a respiratory therapist also (now, at age 40, he's in medical school). His other brother works in computers at Lawrence Berkeley Lab. Their book has sold about five or six thousand copies, about the same number as there are hospital respiratory care departments in the US.

Other respiratory care-related activities: Is active in the state professional society; edits the newsletter. Also created a video tape subscription service through the society in which he tapes CE programs and makes them available to respiratory therapists and other healthcare professionals everywhere. The videos come in a package with work materials that the viewer completes and returns for CE credit. The service annually produces ample material for a year's worth of CE credit. It's the society's answer to the problem of licensure requirements taking up too much time and money.

Outside work: Has a small software company, "Shoestring Solutions." Developed a program for accessing the National Library of Medicine.

When not working: Travels—as far away from work as possible. Indonesia, Borneo, Singapore, Burma, Kenya—these are some of the places he's visited.

Numerous Newcomers from Napa

Respiratory Care Services has 10 new therapists, including six from this year's Napa College graduating class; plus four ICN respiratory therapists from Mount Zion who transferred here when the ICNs from the two hospitals combined last month. Five of the 10 new therapists are pictured here: (from left) Shaun Vail, Lee Amari, Bobby Martinez and Lisa Douglas, all from Napa; and Pablo Cababaan from Mount Zion. Not pictured are Sharron Magurah and Michelle Monchatre from Napa; and Carol Metcalf, Rob Ireton and Ted Umbenhower from Mount Zion. The banner, which bears a slogan for National Respiratory Care Week, was added to the photo by Mike Mahlmeister, ex officio events coordinator for the department. National Respiratory Care Week extends through Saturday, October 13.

This Is How It Should Be After 40 Years

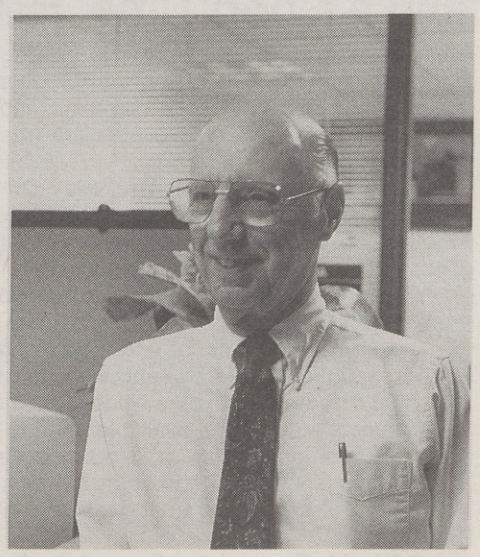
Hospital Information System's Jim Cuningham, manager of systems implementations, is retiring just like they do it in the books. He worked for UC 40 years, marked his career with many professional accomplishments, reached retirement age, then set a date with leisure.

The way things add up, it appears his dues will pay off: He's at his maximum retirement benefit level, his house is paid for, he's healthy and energetic, and has a list of interests waiting for his free time. If all else fails, he has the large-screen TV his colleagues gave him as a retirement present.

Jim initially worked for UC Berkeley, then took a job with UCSF setting up the first data processing department on campus. He arrived in 1955, just in time for the opening of Moffitt Hospital—which, for Jim, meant just in time to start the first automated census.

Since then his career has followed a path packed with automations and systems installations, from programming the first computer in the early '60s to the Medical Center's major conversion to the MediPac system during the late '80s.

His most recent project was the installation of a cost accounting system for the Medical Center. The project is now complete. His slate is clean. You can find him in his garden, hiking about the hills, or docent-ing at a local museum.



Jim Cuningham

Earthquake *(continued from page 8)*

When she finally did begin to recover, she still was in for a long hospital stay. She was transferred from acute care to a rehab facility this summer, and finally discharged for home in August. At that point she went immediately to her parents' house in New York, and has just returned to her own home in Alameda. With the help of home health care workers, she's getting along on her own—although her entire day is taken up with trying to accomplish what occupational therapists call "ADL"—activities of daily living.

Meg, too, talks of her return to work as a medical technologist, although not in such imminent terms as the others. As do Judy and Cathi, she raves about UCSF, not only in terms of departments and jobs, but in terms of all the support received, both from individual colleagues and from the University.

Meg does say that when it comes time to commute again, she plans to take BART. At this point she just can't see herself as part of the freeway commute scene again.

As to what each is feeling as the anniversary of the earthquake approaches, the response varies. Cathi, because she was the only one conscious at the time of the accident and remembers everything, feels she may have worked through a lot of things during those first few months that the other two are just going through now.

Meg supports the theory. She says she was so heavily sedated during the first two or three months, and then so occupied with the business of sheer survival, only lately has she begun to seriously reflect on the events of the past year. Just a year ago everything was fine, and then a few moment's time changed that for good.

If others who have brushed with death have said it changes one's outlook on life, the vanpool survivors agree. "Frequently we discussed one another's hopes and dreams," says Cheryl, referring to the vanpool members' conversations going to and from work. "Sometimes it was for tomorrow, and sometimes it was for the future, or for retirement. They [the five we lost] never got to fully realize their dreams. If you have them, you'd better live them now."

UCSF Medsounds

Volume 5, Number 17 October 13-26, 1990

A Year After the Quake, Meg, Judy & Cathi Are Trying To Get Their Lives Back To Normal

As the anniversary of the earthquake approaches, several people have expressed interest in a report on the three UCSF employees who survived after their vanpool went down with the Cypress Overpass collapse.

If you remember, following the earthquake our earliest reports of the three women—Cathi Scarpa from nursing education, Meg Fitzpatrick from the hematology lab, and Judy Jester from Mike Harrison's lab—were that they were severely injured. Just the fact they were alive, however, offered opportunity for hope amidst the devastating news that the other five riders, four of them from UCSF and the other a former employee, died in the crash.

The following day it was encouraging to learn that two of the survivors, Cathi and Judy, were in stable condition. Their injuries were serious, but not life-threatening. Cathi had internal injuries and her legs were badly broken; Judy had suffered a severe concussion and also injured both legs.

Meg's condition, however, was listed as critical, and she was reported to be in a coma. She had extensive internal injuries, neurological injuries, orthopedic injuries. Her chance for survival was issued as 50-50.

By mid-November, Cathi had been transferred to a rehab facility, Judy was making plans to leave the hospital, and Meg was off the critical list. She was still on a respirator, so she couldn't talk, but she was beginning to respond with her eyes and expressions.

The last time we published a progress report was in late January, at which time things were really looking up. Judy and Cathi were home from the hospital and Meg, amazingly, had greatly improved. Although she still faced further surgery for internal repairs, she was on the mend, and, according to friends from the lab who visited her in the hospital she was "talking a blue streak."

At the time, Nursing Administration's Cheryl Weisker, a member of the same vanpool who was on vacation at the time of the earthquake, observed from conversations with her convalescing friends that generally they were in pretty good spirits. They felt they had been given a second chance at life, and they were looking forward to getting well and picking back up where life almost left off.

Eight months later, all three are out of the hospital and home again—and all still very much occupied with trying to put their lives back together. According to Cathi, as the months have turned into almost a year since the accident, her early hopes of being back to normal faster than expected have faded.

She lives in Grass Valley for the interim. She has a small place there, and decided it wouldn't be a bad place to hang her hat while she's trying to get well. She describes her progress as "coming along"—she can walk now, with crutches—but the reality of her injuries and the recovery process has set in.

Above, Cathi on a recent visit to the workplace, pictured with colleague Jim Stotts; and to the right, Meg and Judy share a visit on Meg's front porch.

"It takes a long time."

After a career as a nurse—she was a staff nurse and then a head nurse for many years before going into nursing education—she says she now has a very clear perspective of what it's like to be on the other side of the fence. "The utter dependence," she says, "is hard."

If you know Cathi, however, you can bet she was anything but a passive patient. If there was a decision to be made, she frequently entered in. For example, in a situation where there was the choice of using a skin graft for a wound, or opting for dressings, she took the dressings. "It worked fine. I'm always for the least intrusive method if it seems feasible."

She says she may have to undergo another surgery soon—not for her legs this time, but abdominal surgery. After she recovers, she hopes to return to work, at least part time. She has her sights set on January or February. "I'm looking forward to it for a lot of reasons," she says, not the least of which is the fact that she misses everybody. But she's worried about her stamina and concentration. After functioning at a certain level for so many years, she's wondering what it will be like to try to take up where she left off.

Judy, too, is planning her return to work, as early as this month or next if all goes well. She just returned to her condominium in Alameda after a few months with her family in New Jersey, and now she's itching to get back to her regular regimen.

As a staff research associate in Mike Harrison's lab, she says her job traditionally is of the stand-up variety and rather physical at that, since she works with animals. But after a year of re-learning to walk and a concussion that still has its repercussions, she realizes she, too, has her limits.

"I think I'm going to be sitting down more than standing up for awhile," she concedes, and her intention is to begin with just a few hours a week, and then work up to a regular schedule.

And Meg, bless her heart, after nearly being given up for lost at a couple of intervals, is very much in there kicking. During her first few weeks in the hospital she had a severe blood infection and a series of system breakdowns that thwarted any progress in her recovery from massive injuries.

(continued on page 7)

Sneak Preview of the United Way Prize List

At this writing there already were nearly three dozen prizes you could win in the Med Center's United Way raffle drawing. We'll print the whole list next issue, but for now, here's a sample:

- Gift certificate for two for a massage and hot tub adventure at Family Sauna, donated by Linda Mann and the Critical Care/Surgery Division; or, from Susan Alves-Rankin and Deborah Yano-Fong, a one-hour massage at Millberry Union.
- Sunday brunch at Lois the Pie Queen (plus a pie to take home) from Lucy Sponsler and Sheila Antrum; dinner for two in a SF restaurant of your choice, Helen Ripple's treat; or, from Eleanor Louie and the Med-Surg Division, a gift certificate for dinner with a date at Etrusca's.
- A $50 gift certificate from Macy's or Nordstrom donated by Karen Akerson; or, from Jesse Stephens, a $50 gift certificate from the Emporium.
- A bunch of books from B. Dalton's Bookseller (in the form of a gift certificate) from Clifton Louie; or a bunch of brownies from Kyra Janssen.

If you work in a Medical Center department, and make a donation to United Way, then you automatically become entered in this particular raffle. (The Medical Center sponsors one of several promotions on campus.) The campaign will run from Monday, October 29, through Friday, November 9, but the earlier you make your donation, the more chances you'll have to pick up a prize.

This year, instead of one big drawing at the end of the campaign, there will be drawings at intervals, probably at the last three of five agency fairs that will take place during the two-week campaign, according to Med Center United Way co-chair Laurie Carlson.

The fairs, which will feature booths representing a variety of United Way agencies (plus booths offering a variety of snacks) will take place Monday and Thursday of each week from 11:30 a.m. to 1:30 p.m. in the Medical Sciences lobby (October 29, November 1, 5 and 8) and in the Mission Center lobby on Tuesday, October 30, same times. No need to be present to win—but you do need to be present if you're interested in some examples of where your United Way dollars go and how they're spent.

UC San Francisco
Medical Center

Children's and Family

HEALTH FAIR

Saturday, October 20, 1990

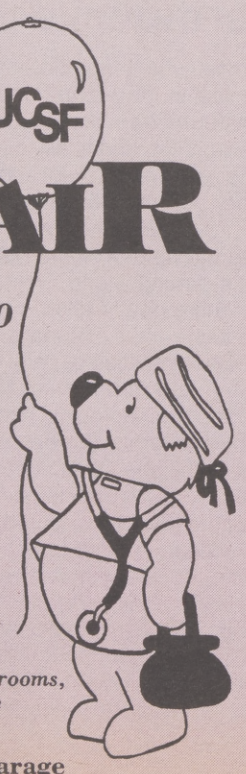
10 AM — 3 PM

Millberry Union — 500 Parnassus

Please join us for —

☆ *Lots of "Look and Touch" Exhibits*
☆ *Fun prizes and giveaways*
☆ *Free health and safety information*
☆ *Hospital Tours — research labs, operating rooms, ambulatory surgery center and more*

Free Parking . . . Millberry Union Garage



New Career Direction, Personal Enrichment and a Good Time: Have It All Next Week

Next week the Medical Center is hosting three events on three consecutive days that should cover the gamut of your interests (and your family's interests). All events are free and open to campus and public.

- **"Careers in Health" Fair, Thursday, October 18.** This event is for all career-seekers, whether it be students searching for career ideas, or adults reentering the job market or seeking career changes. Visitors can go from booth to booth collecting souvenirs, picking up printed material and discussing career options with representatives from about 30 different health care fields. Tours of departments also will be available upon request. Refreshments and a raffle drawing are part of the agenda. 4 to 7 p.m. in the Millberry Union gym. Reservations are requested. Call Ellen Call, 476-1848.
- **"California Through the Eyes of the Artist," Friday, October 19.** The Auxiliary has sandwiched this special event in between the two fairs, turning the week into a festival of sorts. The program features a history of San Francisco and California presented through a slide show of paintings from museums and private collections. The narrators are a Marin couple, Nan and Roy Farrington Jones, who have spent years putting together this collection and have presented it, reportedly, to many a delighted audience. Reception from 5 to 6 p.m. and program from 6 to 7 p.m. Toland Hall. Call 476-4906 for further information.
- **Children's and Family Health Fair, Saturday, October 20.** Bring the kids and the neighbors and spend the day. Over the years the fair has evolved into an event all ages can enjoy. The newest dimension is the addition of tours of both the Medical Center and research laboratories. This year the tours will include a visit to an operating room, where visitors will learn about fetal surgery, liver transplants and lithotripsy; then on to a laboratory to see and learn what our scientists are studying.

Of course, all the popular features will be back—the booths, exhibits, games, food, entertainment, souvenirs and all the elements that have made this fair a campus and community favorite year after year. 10 a.m. to 3 p.m., Millberry Union.